

## ABSTRACT

A data stream is transmitted between a base station and user terminal. A first resource that is available to transmit a page is selected at the base station and the page transmitted from the base station via the first resource. The page is received at the user terminal via the first resource and a second resource that is available to transmit a page response is selected at the user terminal. A page response is transmitted from the user terminal via the second resource in response to the page. A data stream is then transmitted between the base station and user terminal via a third resource. In one embodiment, the first, second and third resources utilize the same sequence of radio frequency resources that follow a hopping sequence among a set of available radio frequency resources. In one embodiment, at least two of the first, second and third resources utilize the same sequence of radio frequency resources. In yet another embodiment, the resources utilize different sequences of radio frequency resources.